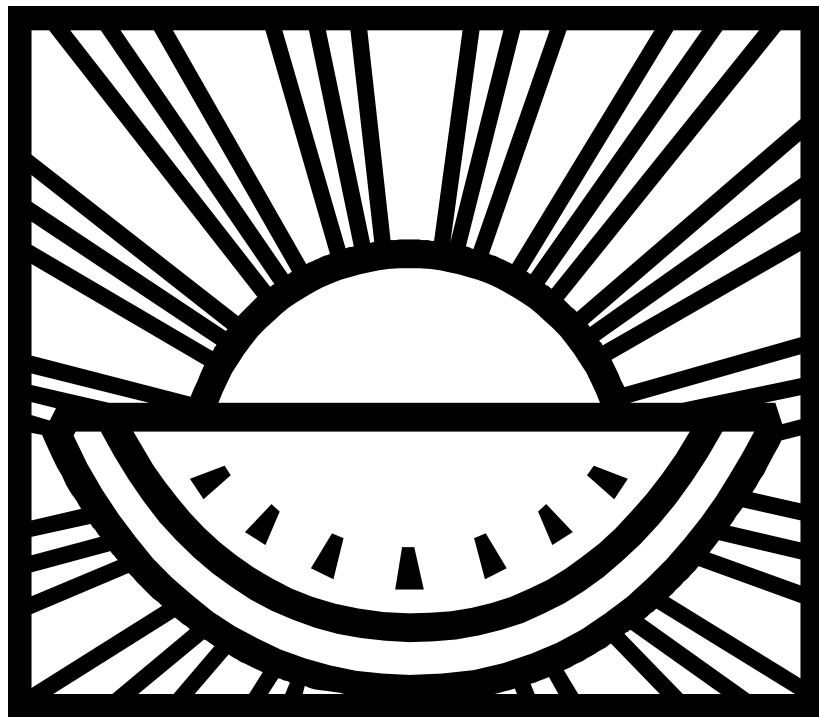


SENIOR ADULT ADVISORY COUNCIL
100 Dexter Avenue North
Seattle, Washington 98109
CHANGE SERVICE REQUESTED

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PERMIT NO. 900

Summer 2003



Senior Adult Programs

July 7 - September 19



As the Senior Adult Programs are in their 29th year of operation, we invite you to enjoy recreational activities offered citywide. If you would like to help other like-minded citizens and the professional staff of the Senior Adult Programs, you are invited to join the advisory council. The council meets the 4th Monday of each month. For information on the advisory council, please call Trevor Gregg at 206-684-4951. We would like to thank the following members for their support: *Jo Bell, Bernice Green, Connie Horner, Cecelia Kelly, Ruth Kirkman, Mary Martin, Wayne Metsker, Wally Meyers, Norman Monk, Gordon Raymond, Laurel Wick*

REFUND POLICY



It is the policy of the Seattle Department of Parks and Recreation and the Associated Recreation Council that any person who registers for a class, special event or program that is cancelled for any reason by the Department or the Advisory Council will receive a full refund. Any person who registers for a class, trip, special event, or facility rental, and who requests a refund within 14 days of its start (or before the second session of a class) may receive a refund minus a service charge. Any person who registers for a class, trip, special event, or facility rental and who withdraws from the activity fewer than 14 days before its start (or before the second session of class) will receive no refund.

INCLEMENT WEATHER POLICY

If the Seattle Public Schools are closed, ALL senior programs are cancelled.

For further information due to inclement weather, call the Senior Adult Programs office at 684-4951 prior to venturing out.



EXERCISE REIMBURSEMENT NOTICE

Some health insurance companies will reduce premiums with proof of enrollment in an exercise class – just be sure to ask for a receipt!!!



FINANCIAL ASSISTANCE

Scholarships are available on a limited basis. Applications may be obtained by calling 684-4951. *Applications must be turned in prior to the first day of the quarter.*

FEES AND CHARGES

The programs and activities listed in this brochure are provided by the Senior Adult Advisory Council under an agreement with the Department of Parks and Recreation. Fees collected by the Advisory Council are used to partially offset the cost of these programs. The program fees listed here include a 10% fee which is paid to the Department of Parks and Recreation. The Department uses these funds to defray the overall operation expenses. Class/program fees listed in this brochure include sales tax where applicable in accordance with current provisions of the State tax code enacted by the State Legislature.

PLEASE NOTE: Class / Trip times/destinations are subject to change.

As a matter of policy, law and commitment, the Seattle Parks & Recreation Department does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap. (Seattle Municipal Code 18.12.280.)

Persons With Disabilities: Reasonable accommodations will be made on request for persons with disabilities. If you need sign language interpretation, auxiliary aids or other accommodations, please call 684-4951 or (TDD only, 684-4950). **If possible, please allow ten working days advance notice for sign language interpretation or auxiliary aids.** If a class or activity is scheduled in an area that is not barrier free for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

PROFESSIONAL STAFF

Ken Bounds - Superintendent
Herbye White – Director, Recreation Support Division
Trevor Gregg – Recreation Programs Coordinator
Linda Guzzo - Administrative Specialist I

RECREATION STAFF

Clothilde Bakari - Recreation Specialist
Cheryl Brown - Recreation Specialist
Mary Dalzell – Recreation Specialist
Jayla McGill - Recreation Specialist
Tim Pretare - Recreation Specialist
Stacie Sheridan - Recreation Specialist
Angela P. Smith - Recreation Specialist



IMPORTANT NOTICE

Pre-Registration Requirement

The hours of operation for the Seattle Parks and Recreation Department have changed and the Senior Adult Programs Section is now **REQUIRED** to have individuals pre-register for the various morning drop-in programs. There will be a building monitor at each facility that offers early-morning drop-in activities who will need to have a list of people participating in our programs.

Programs included in this new procedure include:

Pickleball Bridge Games Book Clubs Crafts

**To register for the free morning drop-in programs,
please contact the following Senior Adult staff person in your area:**

South East: Angela P. Smith, 684-7484

Jefferson

Rainier

Rainier Beach Complex

Van Asselt

Southwest: Mary Dalzell, 684-4115

Alki

Delridge

Hiawatha

High Point

South Park

South West

Central East: Clo Bakari, 233-7255

Cheryl A. Brown, 233-7255

Garfield

Miller

Montlake

Yesler

Central West: Tim Pretare, 684-4240

Discovery Park

Langston Hughes

Queen Anne

Magnolia

North East: Jayla McGill, 386-9106

Green Lake

Laurelhurst

Meadowbrook

Ravenna-Eckstein

North West: Stacie Sheridan, 233-7138

Ballard

Bitter Lake

Loyal Heights



IMPORTANT NOTICE

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Meadowbrook

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North West: Stacie Sheridan, 233-7138

Ballard

Bitter Lake

Loyal Heights

Citywide Special Events & Programs

KIANA LODGE

July 22
\$42.00



Cruise aboard the Goodtime II to Kitsap Peninsula. Enjoy the famous Kiana Potlatch BBQ, featuring steamed clams, fresh salmon over alder coals, and all the trimmings. The surrounding gardens are known for the beautiful flowers and native plants. Cost includes boat cruise and luncheon. **Note: No Scholarships available for this trip.** No Transportation Provided. Meet at Pier 55 - 1101 Alaskan Way (corner of Seneca & Alaskan Way). Meet at Pier 55 at 10am / Return to Pier 55 at 3:30pm **Registration Begins July 1st at 8:00am, by calling 684-4951. Full payment due July 10th**

(Checks payable to: Bonnie Tours)

Mail checks/money orders to: Senior Adult Programs, Attn: Linda, 8061 Densmore Ave. North, Seattle, WA 98103 **No refunds after July 17th, unless vacancy is sold.**

CITYWIDE HOE DOWN

July 28 **10:00-12:30 pm** **\$3.50**

Come and join in a heel stomping, knee slapping good time at the Seattle Center House.

You don't need a partner, just wear your most comfortable, fun western duds and kick up your heels!



Registration begins June 24th at 8:00am by calling 684-4951. Send check by July 6th to: SAAC, Attn: Linda, 8061 Densmore Ave. N, Seattle, WA 98103

Limited transportation available – please indicate where you'd like to meet when you pre-register.

9:45 am Hiawatha (Safeway)
10:00 am Jefferson
9:45 am Meadowbrook CC
10:00 am Lower Woodland
9:45 am Bitter Lake CC
10:00 am Ballard CC

OLD TIMERS PICNIC

August 26 **11:00-2:00 pm** **Free**

Walk on the wild side at the 31st Annual Old Timers Picnic at the Woodland Park Zoo. Come out and enjoy lunch, entertainment, and walk through our world class Zoo! Admission and Lunch is free.

Transportation is not provided.



The Zoo is located on a Metro Bus route (street address is 5500 Phinney Avenue North which let's you off at the Zoo's west entrance).

Parking Fees: \$3.50-car / \$10.00-busses.

Registration Is Required: Please call 684-4951 to register starting at 8:00 am on July 14th and ending at 4:00 pm on August 1st, on a first call-first serve basis - (*space is limited so we will take reservations until we are full – even if that is before the cut-off date*). There is NO reserved seating.

New Class !

LEARN TO SAIL: Senior Adults



This is a golden opportunity to start from the water up - so to speak - to learn how to sail in our stable and fun one-person Topper sailboats. Plan on getting wet! The program is geared toward active older adults; must be 55 years or older to participate. All supplies are included in the class price. Optional instructional sailing books are available for \$15. Start times are listed; classes are 2.5 hours long. The cost is listed for adults; the price is \$104 for participants 65 years and older. Call 684-4074 for registration or if you have any questions

2501.35	T/Th	6:00pm	Jun 17 - Jul 10	\$120
2502.3S	T/Th	6:00pm	Jul 29 - Aug 21	\$120

Citywide Special Events & Programs

SOUND STEPS WALKING PROGRAM



The Healthy Aging Partnership, AARP and Seattle Parks and Recreation Senior Adult Programs have initiated Sound Steps, a three-month pilot program aimed at encouraging older adults to take up walking for better fitness! If you are age 50 or older, then Sound Steps is for you! This FREE program offers a fun, safe way to get moving and begin or continue a walking program! **BRING A FRIEND!!**

Register Now - Ongoing Until August

It's easy to register! Call the Senior Adult Programs Office for additional information and registration materials, **206-684-4951**. We'll be glad to mail them out to you!

Goodie Bags for each walker! Each walker who registers for Sound Steps will receive a goody bag full of great stuff!! **Supplies are limited so register early!!** To receive your Sound Steps Goodie Bag, contact the walk leader at each site below or call 206-684-4951 for more information.

Walk Days and Times

Alki CC.....	Fridays.....	10:00 am
Garfield CC.....	Thursdays.....	9:30 am
Loyal Heights CC.....	Thursdays.....	10:30 am
Meadowbrook CC.....	Fridays.....	1:00 pm
Queen Anne CC.....	Thursdays.....	8:00 am
Rainier CC.....	Fridays.....	9:00 am

Volunteer Walk Leaders Needed! If you would like to help out and lead at least one walk per week at one of the above sites, please call Trevor Gregg at 684-4951. Thanks!

FRAGRANCE FREE COURTESY

During Senior Adult Programs / Trips, please refrain from the use of any perfumed personal care products as a courtesy to those who experience chemical sensitivities.
Thank You.

SENIOR DAY AT THE BANK OF AMERICA CENTER

September 14 10:00-2:00 pm Free
The Seattle Parks and Recreation Department, the Mayor's Office for Senior Citizens, and the Bank of America Center invite you up to see the view! The Bank of America Center on 701-5th Avenue will be open for senior visitors. Refreshments will be served. Free parking in the Bank of America garage. **No pre-registration is required.**

END OF SUMMER PICNIC/POTLUCK September 19 12:00-2:30 pm Lincoln Park

Enjoy this **FREE** event and meet other seniors and senior adult staff for our annual old-fashioned fling. Picnic is at Lincoln Park, Shelter #3. Walk the beach, enjoy the sun, chat, bring a dish to share. (*Note: If weather is bad, the event is cancelled.*)
Registration begins August 14, at 8:00 am by calling 684-4951.

Limited transportation is available from Jefferson / Hiawatha, Meadowbrook / Lower Woodland, Rainier / Garfield, and Bitter Lake / Ballard.

LAWN BOWL



Bowl outdoors for mental and physical well-being. Keep active – walk, bend, stretch, and roll bowls on wonderful, manicured greens. Good fellowship accompanies games. Be sure to wear flat-soled shoes. Bowls provided at the Club House. Sign up, call in, or drop by.

Lawn Bowl Clinics Available

Jefferson Park Lawn Bowl
4103 Beacon South
(west of Jefferson Golf Club House)

Call Club House: 206-762-2490
Classes Every Saturday
10:00am - 12 noon FREE
Daily Bowling: 12:45 pm

Woodland Park Lawn Bowl
6018 Whitman North

Call Club House: 206-782-1515
Classes Every Saturday
10:00am - 12 noon FREE
Daily Bowling: 12:45 pm

South East

SE - REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS

Angela P. Smith- Recreation Specialist, CTRS

**** NEW (206) 684-7484 NEW ****

Summer Quarter Dates: July 7- September 19

No Classes: September 1

Make ups: We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

SE Class Registration: Class registrations begin June 16th at 9 am by phone, or mail, using the form in the back of the brochure. Class dates/times are subject to change.

All Class Payments: checks payable to: "Senior Adult Advisory Council", and mail to *Sr. Programs, Attention: Angela, Jefferson CC, 3801 Beacon Ave. South, Seattle-98108*:

South Division Sites:

Jefferson CC..... 3801 Beacon Ave. S.
Rainier CC..... 4600 - 38th Ave S.
Rainier Beach Complex 8825 Rainier Ave. S.
Van Asselt CC..... 2820 S. Myrtle St.

Aerobics and Fitness

SENIOR AEROBICS

Time to re-energize, put a spring in your step, and feel better.

Our classes are taught by certified instructors.

Jean	Mon	8:30 - 9:30am	Jefferson
Jane	Wed	8:30 - 9:30am	Jefferson



\$18.00

TAI CHI

Using a series of stretching exercises, work toward incorporating good posture and body awareness into 24 simplified Tai Chi movements. Instructor: Mitsuo Aoki
Wednesdays 10:30-12:00 pm Jefferson

\$33.00

FITNESS FOR LIFE

One-hour session includes dyna bands, aerobics, stretching, conditioning and use of weights - bring small weights. Instructor: Zita Hachiya
Thursdays 8:15-9:15am Jefferson

\$18.00

Arthritis Exercise (PACE)

PACE = People With Arthritis Can Exercise is offered in cooperation with the Arthritis Foundation, class includes range of motion, muscle strengthening and much more.
Thursdays 10:00-11:00 am Jefferson

\$22.00

Cooking

JUST GRILL IT!

\$6.00

You will be ready for those summer B-B-Q parties. Let's mix some marinades and put the meat on the grill, salads on the side.

July 21 (Mon) 10:30-12:30 Jefferson



"UMATILLA FEST"

\$7.00

Our friend Jeanne will share with us the history of her native heritage. Now let's eat fry bread, indian taco's and salmon.

Sept 15 (Mon) 10:30-1:00 Jefferson

Sports & Games

OPEN BRIDGE



Free

It's in the cards that you'll have a great time. Drop in programs for the bridge enthusiast.

Wednesdays	9:00-12 noon	Jefferson
Wednesdays	1:00-3:00 pm	Rainier

PICKLEBALL



Free

A terrific game. Fun and exercise in one great package!

M/ W / F	9:00-1:00 pm	Van Asselt
T (Advance)	9:00-1:00pm	Van Asselt
T / Th	10:00-12 noon	Rainier

Dancing

LINE DANCE

\$18.00

This dance craze doesn't require a partner. It's fun, easy, and great exercise. Learn the latest dances to
Fridays 8:30-9:30 am Jefferson



Community & Special Groups

GRANDPARENTS & KINSHIP CARE

Free

You're invited to hear about the resource and support this grandparents community group has for our community. SNAC (Seattle Nutrition Action Consortium) will be on site to demonstrate yogurt parfees! Next, bingo and prizes.
Pre-register before August 1st.

Aug 6 (Wed) 1-3pm Rainier Beach Family Center

Park Walks & Project Club

All programs take place at Seward Park. Please call for available transportation and/or driving directions.

EAGLES OF SEWARD PARK \$2.50/Transp.

Home to two families of Bald Eagles, Seward Park was one of the first urban habitats to be reclaimed after they were listed on the endangered species in the 60's due to the affects DDT had on their eggs. We will begin our excursion at the Amphitheatre and then go for a leisurely walk through the forest, approximately 1.56 miles round trip. Wear comfortable shoes and dress for the weather. Meet at the amphitheatre.

Register by July 18th by calling 684-7484.

July 22 (Tues) 9:30-12:30 pm

IVY OUT STEWARDSHIP \$2.50/Transp.

Join us as we find out why English Ivy is being removed from the park. We will participate in a 1/2 hour ivy pull and join the ranks of the other stewards helping to remove this alien invader. Meet at the amphitheatre.

Register by August 1st by calling 684-7484.

Aug. 5 (Tues) 9:30-12:30 pm

Special Event/Speakers

CONTINUED RETIREMENT Free

How long will your money last? Primerica Financial Service will discuss unexpected money issues and emergency situations. Questions, answers and educational session. **Please pre-register by July 18th.**

July 23 (Wed) 10:00-11:00am Jefferson

SOUTH DISTRICT SENIOR PICNIC Free

We will have fun in the sun with a Hawaiian twist. The major partners from the south-end senior groups and organizations have made this day possible for you! Jobs Plus, Neighborhood House, Park Place, Southeast Seattle Senior Center, International District Housing Alliance, Puget Sound Health Center, and Rainier Beach Family Center a program of Atlantic Street Center. Limited transportation available at various local pick-up sites. **Pre-registration required for attendance. Please call 684-7484. Registration starts on June 23rd.**

July 29 (Tues) 10:30 am-2:00 pm Seward Park

METRO TRANSPORTATION Free

Seattle's Transit resources can make getting around town easier this summer, or anytime of the year. Regional Reduced Fare Permits and Assess. Also Taxi Scripts and the Limited Paratransit Van Service. Application available on site. **Please pre-register by August 13th.**

Aug. 18 (Mon) 10:00am-11:00am Jefferson

AQUATIC FROLIC

Free

Stretch & Flex, Arthritis Exercise, and Water Aerobics, compliments of the Rainier Beach Pool staff. Receive a free swim pass to try the class of your choice.

Instructors and participants will be present to tell us the benefits of these classes as we mingle over a potluck lunch.

Here is your chance to hear about the senior aquatics programs. **Pre-Registration required by calling 684-7484.**

Sept. 10 (Wed) 12:30-2:00pm Rainier Beach Pool

TRANSPORTATION SERVICES Free

Senior Services' Transportation program will provide information about Volunteer Transportation and the Senior Shuttles, including the new Hyde Shuttle.

These services offer seniors free rides to medical appointments, senior center activities, hot lunch programs, grocery shopping, and other local errands. Take-home materials will be available in several foreign languages.

Sept. 17 (Wed) 10:30-11:30am Jefferson

Fall Planning Meeting

Your ideas and suggestion will bring forth a great Fall quarter. We need you input on all activities, trips, workshops, crafts, and guest speakers.

July 9 (Wed) 9:30-10:30am Jefferson

Book Club

The Seattle Public Library provides books to our groups free of charge.

We have pages and pages of wonderful books to choose from. Please call

Angela, 684-7481, if you need further information.



Book Club – JEFFERSON Free

Meet the 2nd Monday of each month at 10:00 am at the Jefferson Community Center: 7/14, 8/11, 9/8

Crafts

WATERCOLOR CLUB Free

Bring your watercolor supplies/ideas to work on individual projects. On the best summer days, class will be held outside for your inspiration.

Tuesdays 10:30-12 noon Jefferson

DROP-IN CRAFTS Free

Time provided for you to join your friends in a social atmosphere working on projects of your choice.

Thursdays 12:00-3:00 pm Jefferson

LAP-QUILTING Free

Quilting that can be taken anywhere to work on. Students help each other.

Fridays 10:00-1:00 pm Jefferson

TRIP REGISTRATION INFORMATION

S.E. SECTOR

NEW SR PHONE #: (206) 684-7484

***PAYMENT must be received 5 working days PRIOR to departure.**

***MAKE CHECKS PAYABLE TO:**

Senior Adult Advisory Council

***MAIL CHECKS TO:** Senior Programs, Att: Angela,
3801 Beacon Ave. S., Seattle - 98108

Trip Registration: Register by calling **684-7484** on the date and time listed under each trip.

PICK-UP SITES:

Jefferson CC (JCC).....3801 Beacon Ave. S.
.....(at the time listed)
Rainier CC4600 – 38th Ave S.
.....(10 minutes before time listed)
Rainier Beach CC.....8825 Rainier Ave. South
.....(20 minutes before listed time)
Van Asselt CC.....2820 South Myrtle
.....(15 minutes prior to listed time

Registrations Begin As Listed

ALL TRIP DAYS ARE TUESDAYS

COUNTRY LIV'IN

Let's take a wagon ride and u-pick the berries! Don't eat them all before you get back from this old fashion farm in Carnation. This farms stocks their own famous frozen U-bake pies, seasonal fruits, vegetables, and jams. Country resturant, crafts, and bakery too. Lunch and \$3.75 for wagon ride and U-pick berries at the farm on your own. **Registration begins June 30th, 8 am.**

July 15 8:30-5:00 pm



\$7.00

SOUTH DISTRICT SR PICNIC

We will have fun in the sun with a Hawaiian twist. The major partners from the south-end senior groups and organizations have made this day possible for you! Jobs Plus, Neighborhood House, Park Place, Southeast Seattle Senior Center, International District Housing Alliance, Puget Sound Health Center, and Rainier Beach Family Center a program of Atlantic Street Center. Limited transportation available at various local pick-up sites. Pre-registration required for attendance. Call 684-74484 to pre-register. **Registration starts on June 23rd, 8:00 am**

July 29 10:30 am-2:00 pm Seward Park



Free

TWILIGHT CATCHES

\$3.00

Most fisherman leave at the crack of dawn to catch their fish. We'll stroll the Ballard Locks and see if the salmon have come in the late afternoon. Next, on to Ivars' Salmon House for the Twilight Catch: Starter, Entrée, and Dessert for one price, plus senior discount on all menu items. **Registration begins July 28, 8am.**

August 12 3:00-6:30 pm

MILL BAY CASINO

\$30.00

A chartered bus will take us to this great casino that uses coins. You'll receive a \$10.00 cash voucher on your arrival. Also, cash prize drawings exclusively for our group. Who will come home the big winners! Meals on your own. Charter bus pick-up sites are at Jefferson and Hiawatha C.C. **Registration begins August 4th, 8 am**

August 19 8:00 am -8:00 pm

SMALL TOWN TOUR

\$6.50

Monroe, Sultan, Goldbar, and Startup – all small towns with big surprises. Let's explore. Lunch on your own.

Registration begins August 18th, 8am.

September 2 9:00-4:00 pm

PUYALLUP FAIR\$

5.50

We have been going for years, but there is always something new and exciting at the Fair! Lunch and admission own your own.

Registration begins August 25th, 8 am.

September 9 9:30-3:30 pm



SEE CITYWIDE PAGE FOR MORE

July 22 Kiana

August 26 Old Timers Picnic

September 19 End of Summer Picnic

South West

SW - REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS

Mary Dalzell, Recreation Specialist
(206) 684-4115

Spring Quarter Dates: July 7 – September 19

No Classes: September 1st

MAIL 'ALL' CHECKS TO: Sr. Programs, Attn:
Mary, Southwest CC, 2801 SW Thistle, Seattle-98126

SW Class Registration: Class registrations begin
June 23rd at 9am by calling 684-4115.

All Class Payments: checks payable to: "Senior Adult
Advisory Council", and mail to: SW Community
Center, Sr. Programs, Att: Mary 2801 SW Thistle -
98126.

South West Sector Sites:

Alki CC 5817 South Stevens
Delridge CC 4555 Delridge Way SW
Hiawatha CC 2700 California Ave. SW
High Point (*closed -construction*).. 6920 – 34th Ave. SW
South Park CC..... 8319 – 8th Ave. S.
Southwest CC..... 2801 SW Thistle St.

Senior Fitness

FITNESS FOR LIFE \$18-1 day wk/\$36-2 days

A head to toe workout using dyna bands, sticks, weights
- bring small weights to class.

Mon / Wed	10:00-11:00 am	Alki
Tues / Fri	10:00-11:00am	Southwest

VOLLEYBALL

Join other seniors in this fun
team sport. Enough stretching and
movement to get a good workout.

Tues	10:00 - 12 noon	Hiawatha
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Free

PICKLEBALL

Indoor game that is a cross between tennis and ping-
pong. This is a good cardio workout and one that you
can play at your own level.

Mon / Wed / Fri	10am - 2 pm	Hiawatha
Tues / Thurs	12:30-2:30 pm	Southwest

Free

WATER EXERCISE \$2.50/per session (Sr Fee)

Shallow end water exercise provides
recreational as well as therapeutic exercise.
Participants can expect increased strength
and flexibility while improving their
cardiovascular system. No swimming ability required.

**Tues / Thurs 1:30-2:30 pm Southwest
(** Please call to confirm date/time)



YOGA LIGHT

\$20-6 weeks

Yoga will return Fall Quarter 2003.

WALK ON

Exercise without a lot of
fuss or equipment. We'll
walk around the new SW track,
across from Sealth High School Meet Mary in the lobby
of SW Community Center, then to the track.

Fridays	9:00 am	Southwest
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Free

Dancing

TAP DANCE

\$60.00 / 8 weeks

All levels of tappers are welcome.
If you don't have tap shoes, wear
hard soled shoes.

Instructor: Susan Wright

Call 684-7423 to pre-register.

Tuesdays	6:45-7:45 pm	Delridge
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LINE DANCE GET TOGETHER

Jayla's bringing her music, so
come one - come all!
No partner needed. Lively
music and dance steps for all levels.
August 21 10:00-12:00 am



Free

Southwest

South West

Crafts

SEWING / QUILTING / FABRICS

Free

An enthusiastic group of sewers is looking for more people to join them. Non seniors, men, beginners, give it a try! Let your creative side out.

Mondays 10:00am-12 noon Southwest

Bridge

BRIDGE



Free

A drop-in program for this popular card game for experienced players.

Wed (experienced) 11:00am – 3:00 pm Southwest

Book Clubs

The Seattle Public Library provides books to our groups free of charge.



We all read the same book and in one month meet as a group to discuss the book we have read. Please call Mary, 684-4115, if you need further information. Meets at 1:00 pm the 3rd Thursday each month at the SW Library (7/17, 8/21, 9/18)

ALKI BOOK CLUB

Free

Meets 1st Wednesday of each month at Tully's on Alki starting at 11:15 am. Call Mary for books, directions, etc., 684-4115.

Computers

COMPUTER CLASS



Free

Westwood Heights computer lab is open to the public. To register, call 932-6942, ext. 16. The following classes are offered:

Jump Start to Internet - Beginners - 6 sessions

Mon/Wed/Fri 10:00–11:00 am

E-Mail & Cruise the Web:

Tues/Thurs 4:00–5:00pm

Open Access:

Your own time to check e-mails, cruise the web, make greeting cards, type letters, on-line banking, etc.

Mon/ 11:00 am – 4:00 pm

Tues 9:00–11:00 am and 2:00–8:00 pm

Wed/Fri/Sat 11:00 am – 5:00 pm

Thurs 5:00–8:00 pm

To register, call 932-6942, ext 16

Special Events

MAYOR'S OFFICE FOR SENIORS

Free

Cynthia, a representative from the Mayor's Office for Senior Citizens, will visit us and give out information on the many opportunities available through their office. Please pre-register by July 14th.

July 23 11:15 am Alki

EILEEN BROOMELL LECTURE

Free

Eileen is looking forward to her annual visit. Her topic of discussion will be "Lip to Hip", carbo's and proteins can add to the hips and fat is not always the villain. As always there will be other tidbits of knowledge passed along. Pre-register by July 23rd.

July 30 1:00 pm Southwest

TIME TO SPARE???

Free

Could you spare a couple of hours to help remove invasive weeds from a section of the Longfellow Creek located near the SW Community Center? Please call Mary at 684-4115 and let her know..

August 4 1:00-3:00 pm Southwest

GUEST SPEAKER

Free

Antoinette Daniel has recently returned from a woman's conference in Zimbabwe. She'll share her experience of the culture, sites, food, and pictures of various events. Please pre-regisiter by August 6th..

August 13 11:15 Alki

TRI-HARA DEMONSTRATION

Free

Translated "Tri-Hara" means mind, body, and soul. Presentations provided an improved sense of balance, flexibility, strength, and a greater sense of joy.

Instructor: Marko Kowalski, who has 30 years experience in health and fitness. MUST pre-register by August 25th.

September 9 12:00 noon Southwest



South West Trips

SW TRIP REGISTRATION INFORMATION

***PAYMENT must be received 5 working days PRIOR to departure.**

***MAKE CHECKS PAYABLE TO:**

Senior Adult Advisory Council

***MAIL CHECKS TO:** Senior Programs, Att: Mary,
2801 SW Thistle, Seattle - 98126

NOTE: Trip times/costs/destinations are subject to change.

Trip Registration: Register by calling 684-4115 on the date and time listed under each trip.

PICK-UP SITES:

Southwest CC (SWCC).....2801 SW Thistle

Hiawatha (HCC) South parking lot
..... of Safeway on California Ave. SW
Please don't park in the Safeway Parking Lot

Registrations Begin As Listed

GEORGETOWN GARDEN TOUR \$2.50

You'd never guess what beautiful, quaint, eclectic one-of-a-kind gardens are to be found in this small neighborhood.

Registration begins June 23, 9:00 am.

July 13 (Sun) 10:00-2:00 pm

EMERALD DOWNS \$4.50

Be part of the thundering thoroughbreds as you frantically cheer on your horse. Dinner and \$3.00 senior admission at the gate on your own. **Registration begins July 8, 9:00 am.**

July 24 (Thurs) 4:00 -10:00 pm

SNOQUALMIE VALLEY RAILROAD \$4.50

A 5-mile common carrier railroad allows visitors to experience a train excursion aboard antique railroad coaches through the upper Snoqualmie Valley. Lunch and train fee on own (discount train tickets available).



Registration begins July 15, 9 am.

July 31 (Thurs) 9:30-3:00 pm

MUKILTEO LIGHTHOUSE \$5.50

This wooden Victorian-style tower, along with two houses and a fog horn stand just feet from the Puget Sound. Also visit Everett's Evergreen Arboretum. Lunch on own, donation recommended at the lighthouse.

Registration begins July 22, 9 am.

August 7 9:15-3:30pm

PUYALLUPS FARMERS MARKET \$5.50

Farm fresh fruits, vegetables, cut flowers, plants, yard sculptures, and many other vendors in lovely Puyallup.

In addition to the market, time will be spent looking around town. Lunch on own. **Registration begins July 29, 9:00 am.**

August 16 (Sat) 9:30-2:00 pm

MILLBAY CASINO \$30.00

This is a chartered bus trip. Pick-up at Southwest Community Center only. Enjoy one of only two casino's in Washington that still have the coin operated slot machines, lots of them! \$10 voucher upon arrival.

Registration begins July 29, 8:30 am.

Aug 19 (Tues) 7:45 am-8:00 pm

MONROE FAIR \$5.50

One of the best fairs around! Discount admission tickets are available. **Registration begins August 12, 9:00 am.**

Aug 28 (Thurs) 9:30-3:30pm

NESTING EAGLES \$2.50

Home to two families of bald eagles, Seward Park was one of the first urban habitats to be reclaimed after they were listed on the endangered species in the 60's. Begin the excursion at the Amphitheater and then a leisurely walk through the forest, about 1.56 miles round trip. Wear comfortable shoes and dress for the weather.

Registration begins August 21(Thurs), 9 am.

Sept 4 (Thurs) 9:30-1:00 pm

MYSTERY \$4.50

People to see, places to go, and you get no information until the day of the trip! **Registration begins September 2nd, 9am.**

Sept 11 (Thurs) 9:30-3:00 pm



SEE CITYWIDE PAGE FOR MORE

July 22 Kiana
August 26 Old Timers Picnic
September 19 End of Summer Picnic

Central East

Please pre-register for all of these programs by calling 233-7255 to ensure their success!

REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS 206-233-7255

Recreation Specialist-Clothilde Bakari
Recreation Specialist- Cheryl Brown

Summer Quarter Dates: July 7 – September 19
No Program: September 1

Make-Ups: We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

Class Registration begins June 23. Please use the **Registration Form** on the back page of this brochure. Class dates/times are subject to change.

**Mail class payments to: Sr. Adult Programs,
ATT: Clothilde / Cheryl, 8061 Densmore Ave N
Seattle, WA 98103.** Make checks payable to
'SAAC''

Central East Division Sites

Garfield CC 2323 East Cherry
Miller CC 330 -19th Ave. E.
Montlake CC 1618 - E. Calhoun
Yesler CC 835 Yesler Way

Aerobics/Fitness

FITNESS FOR LIFE **\$18.00- 1 day week**
No program held this summer. Class will resume Fall Quarter.

WELLNESS THROUGH CHAIR-ROBICS **Free**
For anyone who is not active now but would like to be. By exercising in chairs, the class builds strength and enhances your level of health. Volunteer Instructor: Tara Bernstein (Class is offered thru the Country Dr. Community Clinic.)
Call Nancy, 299-1619, to register. Class held on Tuesdays.
June 24 - July 15 1:30-2:30pm Miller
Aug 19 - Sept 9 1:30-2:30pm Miller

GENTLE YOGA FOR SENIORS **Free**
Learn different postures (asanas), and do mat and breath work. We're open to individuals' and specific requests. All equipment provided. Volunteer Certified yoga Instructor: Beverly Holstun.
Tuesdays 12:15-1:15pm Miller

LINE DANCE **\$5.00**

Get out on the dance floor and move to the music! No partner needed for this fun class that is great exercise! Scholarships available. Date: July 15 - August 12.
Tues 12:30 – 1:30 pm Yesler

TAI CHI **Free**

Fall hiatus. Fall session will begin October 6th.

MEDGAR EVERS SR. SMIM CLASSES

For senior swimming times and prices, please call the pool for information and to pre-register:
Medgar Evers Pool..... 684-4766 500 – 23rd Ave.
*Adapted Water Exercise: Mon/Wed 12-1pm
*Aqua Jogging Class: Mon/Wed/Fri 6-7pm
*Water Exercise Class: Tues/Thurs 8-7pm
*Lap Swim Sat. 9-10am

Walking Club & Walks

SOUND STEPS **Free**

If you are age 50 or older, then Sound Steps is for you! This **FREE** program offers a safe, fun way to get moving and begin a regular walking program Bring your friends! *Please register by calling 684-4951.*
Thurs (6/5 - 8/28) 9:30 am Garfield

STEPPIN' THROUGH SEATTLE **Free**

Explore our local parks in this fun walking/fitness program. Be prepared for wet or muddy trails with appropriate footwear. All walking levels welcome! *On these trips we'll go to lunch at a local restaurant. *Transportation provided! You must register by the Friday prior to each trip. Registration is limited so sign up early by calling 233-7255! Pick up in front of the community center.*

Yesler Pick-up 9:30 am

Garfield Pick Up 9:45 am

Tuesdays 10:00 am – 12:30 pm
*July 8 Mercer Slough
July 15 Foster Island
July 22 Ravenna Park
August 5 Volunteer Park
August 12 Greenlake
*August 19 Bellevue Botanical Gardens
*September 16 St Edwards Park

Arts & Crafts

CHERYL'S CHOICE CRAFTS \$2 per project
Tues or Thurs 2:00-4:00 pm Yesler

Try something new every week from candlemaking to collage, from bookbinding to batik...join us and learn something new that will be a great addition to your home, or make a great gift! *Please pre-register by calling 233-7255.*

Summer Jewelry July 15 & 22
Personalized Papers August 5
Mosaics (Thurs) August 14 & 21

GARDEN ART SERIES \$6.00 per project
Thursdays 12:30-2:30 pm Garfield

Three weeks of fantastic projects to bring a touch of art into your garden. Everyone will want to know where you got it! *Please sign up in advance, 233-7255, so supplies are available for you!*

Stepping Stone July 24
Outdoor Luminary July 31
Terra Cotta Bird Bath August 7

CRAFTS WITH CLO Cost varies per project

Learn a new craft, or share your favorite craft in this fun and social setting with other crafts people. Register in advance by calling 233-7255.

Wednesdays 1:00-3:00 pm Miller

MEMORY MAKERS

Make a handmade scrapbook, then fill it with photos and memories using beautiful papers, fun stickers, and your captions to document the event. A great way to preserve your memories, or to pass on a legacy to your family.

July 10 & 17 (Thurs) 12:30-2:30 pm Garfield



\$6.00

Cards & Board Games

BRIDGE

It's in the cards!

Time to bridge the gap and have fun!
Fridays 1:00-4:00 pm



Free

Miller

Writing & Book Club

WRITE YOUR LIFE'S STORIES Free

Using a variety of writing prompts we will work on remembering and writing the stories that have made our lives unique. The best way to remember and share your family's history is to write it down and share it with generations to come! Sign up again and again by calling 233-7255. Please bring two 8½x11" spiral notebooks to the first class. *Please pre-register by calling 233-7255.*
Sept. 11, 18, 25 (Thurs) 1:00-2:30pm Garfield

A NOVEL IDEA

Brain power! Feed your mind with an enjoyable book and tasty treats. The Seattle Public

Library provides books to our group free of charge.

Meets the 3rd Thursday of the month at 11:00 am.

Douglass Truth Library 2300 E. Yesler Way
July 17, August 21, September 18



Free

Special Events/Workshops

BINGO PARTY

One of Americans' all time favorite games for all ages!

This summer we will play with the Yesler summer day camp participants....the more the merrier! We play for prizes and fun! Bring a new 'white elephant' to add to our prizes if you wish!

July 8 (Tues) 1:30 - 3:00 pm

Aug. 12 (Tues) 1:30 - 3:00 pm

Yesler

Yesler



Free

ICE CREAM & A MOVIE

Let's get together and watch a movie with the Yesler Day Camp

Kids and crank the ice cream maker while we watch!

When our hand-cranked ice cream is finished, we will dish it up for a real intergenerational ice cream social!

Aug. 19 (Tues) 1:30 - 4:00 pm

Yesler



Free

ADOPT A FLOWER BED

Join our 'flower power' team as we do our part by adopting a small flower bed at Volunteer Park. We will be responsible for weeding and general upkeep of our part of the park. We will make this fun by stopping for coffee after our work! *Pre-register IN ADVANCE, call 233-7255.*

July 9, Aug 6, & Sept. 10 1:00-3:00pm

12:30 pm Yesler Pick-Up

12:40 pm Garfield Pick-up



Free

Central West

REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS 206-684-4240

Recreation Specialist -Tim Pretare

Spring Quarter Dates: July 7 – Sept 19

No Programs: Sept 1

Make-Ups: We encourage you to make up canceled classes at any other site in the city. Please inform the instructor you're making up the class.

Class Registration begins June 23. Please use the **Registration Form** on the back page of this brochure. Class dates/times are subject to change.

**Mail class payments to: Sr. Adult Programs,
ATT: Tim, 1901 - 1 Ave. W, Seattle, WA 98119.**
Make checks payable to 'SAAC'

Central West Division Sites

Queen Anne CC..... 1901 -1st Ave. W.
Queen Anne Pool.....1920 - 1st Ave. W.
Magnolia CC2550 - 34th Ave. W.
Langston Hughes CAC..... 104 - 17 Ave. S.
Discovery Park 3801 W. Government Way

ALL CLASSES 1 HOUR UNLESS NOTED

Aerobics & Fitness

SENIOR AEROBICS \$18-1 day week

Time to re-energize and feel better. Certified instructors teach our low impact aerobic classes.

M. Huber Mon. 9:30am Queen Anne
M. Huber Wed. 9:30am Queen Anne

P.A.C.E. \$22.00

P.A.C.E = People with Arthritis Can Exercise Pace is a program designed specifically for people with arthritis.

T. Pretare Wed. 10:00am Queen Anne

CIRCUIT TRAINING \$27-1 day week

14 training stations to improve skill, strength, and knowledge using weight machines. (Class limited to first 14 people.)

A. Allen Tue. 9-10:15am Queen Anne
A. Allen Thurs. 9-10:15am Queen Anne

BLISS YOGA FOR THE BACK \$22.00

A gentle yoga promoting strength, flexibility, peace of mind and health. Wear loose, comfortable clothes.

D. Lentz Mon. 10:00 am Queen Anne
D. Lentz Mon. 12 noon Magnolia

LINE DANCE \$22.00

Get out on that dance floor and move to the music! No experience or partner necessary.

C. Rodill Wed. 1:30 pm Queen Anne

DROP-IN PICKLEBALL \$2.00 building fee @ Q.A.

Continue to exercise and improve your skills by teaming up with other players – fun and challenging.

M./Wed./Fri. 11:30-1:00pm Queen Anne
Mon./Thurs. 11:30-2:00pm Magnolia

Walking Club & Walks



DISCOVER WALKING

\$5.00

Weekly walk of the 2.8 mile Discovery Park Loop Trail.

Meet at the Visitor Center or call for transportation;
206-684-4240.

Mondays 10:00 am Discovery Park

**Twice a quarter we take a FIELD TRIP on the
following dates to the parks listed:**

Mon., July 28 10:00 am Lincoln Park
Mon., Aug. 25 10:00 am Magnuson Park

DISCOVERY PARK NATURE WALK \$5.00 each

Please register and pre-pay by calling Discovery Park
at 206-386-4236.

Explore with a naturalist. Each program will feature a new topic. Meet at the Discovery Park visitor center.

Fri., July 11 10:00-12 noon "The Beach"
Wed., Aug. 13 10:00-12 noon "Park History"
Wed., Sept. 10 10:00-12 noon "Raptors"

BLOOD PRESSURE CHECKS

Free

No appointment necessary, located in the Senior Adult Social Room.

Wednesdays 1:00 – 3:00 pm Queen Anne

Books & Family Research

DESSERT & DISCUSSIONS

Free

Gather to discuss books and enjoy some treats. Held the last Monday of the month. Book titles to be announced.

7/28, 8/25, 9/29 1:30–2:30 pm Queen Anne

BOOKMOBILE BOOKS

Free

The Seattle Public Library brings new books each month. Check one out at the QA Senior Adults Social Room.



GENEALOGY GROUP

\$2.00 building fee

This is an informal group for people interested pursuing some aspect of family history. Led by a facilitator, using a flexible approach to help you focus your interests.

Program meets weekly in the Senior Adult Social Room.
Wed. 10:00 am Queen Anne

Central West - Central East Trips

CW - CE Trip Registration:

Trip registrations begin at 8:00 am on the date listed by calling 206-684-4240. You may sign up yourself and one other person. Trip dates, times, and destinations are subject to change. When you call, leave your name, phone number, name of trip, and pick up site. **You will ONLY be called back if you are on the wait list. Do Not Use "Mail-In" Registration Form, Phone In Only.**

Trip Payments:

Make checks payable to: 'SAAC', mail to: **Sr. Adult Programs, ATT: Tim, 1901 – 1st Ave. W., Seattle, WA 98119.** **All payments must be received 5 working days prior to departure.**

Pick-up Sites:

Miller CC..... 330 19 Ave. E.
(Pick-up 1 hour before time listed)
Garfield CC..... 2323 E. Cherry
(Pick-up 45 minutes before time listed.)
Magnolia CC - 2550-34th Ave. W.
(Pick-up 20 minutes before time listed.)
Queen Anne CC..... 1901-1st Ave. W.
(Pick-up at the time listed.)

REGISTER - 8:00 AM ON DATE LISTED

BY CALLING 206-684-4240

Leave Your Name, Phone # and Pick-Up Site

SEQUIM LAVENDER FESTIVAL \$12.00

The Lavender Festival is truly an experience for all the senses. Stroll the fields of purple, smell it, pick it, taste it and enjoy! We will visit several farms (\$6 for farm tour button/admittance) then enjoy the Lavender Street Fair open air market where we will have lunch (on your own) and enjoy the natural crafts, entertainment and more! Includes a ferry ride too!

July 18 9:00am-6:00pm **REG. July 7**

CHUCKANUT MANOR & PADILLA BAY \$8.00

Enjoy the scenic view while dining at Chuckanut Manor, \$9 to \$15 per meal for lunch (on your own). Then catch a breath of fresh air as we visit Padilla Bay estuary on the Skagit River and Puget Sound. All this and we will drive down Chuckanut Drive.

July 25 9:00am-6:00pm **REG: July 14**

ANACORTES ARTS FESTIVAL \$8.00

This huge arts festival takes over the town of Anacortes with food, music, and lots of art. Be prepared for lunch on your own and a lot of walking.

Aug. 1 9:00am-6:00pm **REG: July 21**

MALTBY / MONROE TREASURES \$6.50

Explore the best of the Maltby/Monroe area! Brunch (on your own) at the fabulous Maltby Café and a stroll through the newly renovated nearby Flower World. Top it off with a special crafting class just for us (\$5 to make 2 glass coasters to take home) at the famous crafters paradise, Ben Franklin in Monroe.

Aug. 8 9:00am-4:00pm **REG: July 28**

HERONSWOOD NURSERY \$12.00 **"HYDRANGEA DAZE"**

Open garden at Heronswood with docents and staff to answer your plant ID questions and slide presentations on selected subjects. There are often special prices on selected plants and light concessions at the gardens. All this plus a stop for lunch, on your own, and a ferry ride.

Aug. 15 9:00am-6:00pm **REG. Aug. 4**

BLACK DIAMOND BAKERY / FLAMING GEYSER PARK \$6.50

Always a treat for the stomach and the eyes...lunch at the Black Diamond Bakery (on your own and don't forget to bring home cinnamon rolls and potato bread), then a naturalist led tour of Flaming Geyser Park, and a drive through Green River Gorge. What a way to go!

Aug. 22 10:00am-4:00pm **REG. Aug. 11**

SNOQUALMIE FALLS & NORTH BEND ADVENTURE \$5.00

Let's take a drive through scenic Fall City to the Snoqualmie Falls overlook. Then into North Bend for lunch, on your own, and a little exploration.

Sept. 12 9:00am-5:00pm **REG. Sept. 2**

CRACKED CRAB CRUISE \$56.00

Sail through scenic Deception Pass, watching for native birds and sea life. Feast on Dungeness crab, and if you can handle it we'll visit our favorite road side fruit, vegetable and **ICE CREAM** stand on the way home! Sorry, no scholarships available for this trip.

Sept. 19 10:00am-5:00pm **REG. Sept. 8**

SEE CITYWIDE PAGE FOR MORE

July 22 Kiana
August 26 Old Timers Picnic
September 19 End of Summer Picnic

North East

N.E. REGISTRATION INFORMATION

CLASSES / SPECIAL EVENTS

Jayla McGill, Recreation Specialist

(206) 386-9106

Summer Quarter Dates: July 7 – Sept 19 (11 weeks)

No Class: July 4, Sept 1

Make-Ups: We encourage you to make up cancelled or holiday-missed classes at any other site in the city.

Please inform the instructor you're making up the class.

NE Class Registration: "All" class/workshop registrations will take place by phone, or mail, using the form in this brochure. State the site/class/date you are paying for with your check. **Please don't mail checks prior to June 23rd. Do NOT register for trips by mail – they're "Phone-In" only.** Class and trip dates/times are subject to change.

All Class Payments: Checks payable to: "SAAC", and mail to: Senior Adult Programs, Att: Jayla, 8061 Densmore Ave. North - 98103. **NOTE:** "Session Fee" covers the cost of 1 day per week for the quarter.

N.E. Sector Sites:

Green Lake CC 7201 E Green Lk. Dr. N
Laurelhurst CC.....4554 NE 41st St.
Meadowbrook CC..... 10517 – 35th Ave. NE
Ravenna-Eckstein CC..... 6535 Ravenna "Ave". NE

BODY CONDITIONING

\$22-1 day week

This class combines dynabands and free weights for over-all strength conditioning.



B. Ode Thurs 10:45 am Green Lake

PACE

\$22/quarter

PACE= People with Arthritis Can Exercise. Designed specifically for people with arthritis.

New Location for summer only.

C. Rodill Tues 10:00 am Green Lake

YOGA & MEDITATION

\$22-1 day week

Gentle stretching to keep limber and build muscles. All skill and fitness levels.



No class Aug. 19, 26.; makeups Sept. 23, 30.

H. Smith Tues 8:00 am Laurelhurst
H. Smith Wed 9:00 am Meadowbrook

TAI CHI (Wu Style)

\$22-1 day week

Fall prevention strategies, improved circulation, slow, gentle, short movements.

J. Proebstel Wed 10:00 am Green Lake
J. Proebstel Fri 10:00 am Green Lake

TAI CHI (Wu Style)

\$22-1day week

For Students With Walkers, Canes and Other

Walking Aids. Strengthen muscle use to improve balance and increase ease of mobility.

J. Proebstel Thurs 11:00 am Green Lake

PICKLEBALL

Free

Enjoy this fun, easy to learn sport. New games must begin at least 10 minutes before the time ends, no later.

Please pre-register by calling 206-386-9106. No class

Jul. 21, August 11, Sept. 1.

Mondays/**Beginning** 11:30-1 pm Ravenna-Eckstein
Thursdays 10-11:55 am Meadowbrook
Thursdays/**Beginning** 12:05-2 pm Meadowbrook

LINE DANCING

\$18/quarter

Get out on that dance floor and move to the music! Great for the body & soul! No experience or partner needed. **Class session July 16 – Sept 24. No class Jul 23.**



J. McGill Wed 9:00 am Ravenna-Eckstein

SENIOR FITNESS

SUMMER WALK & TONE

\$18-1day week

Enjoy a new summer fitness opportunity! 30 minutes of outdoor walking (throughout the neighborhood) for cardio-vascular, followed by 30 minutes of stretching & strengthening with bands. Dress for the weather. Thurs class will also include mat work with exercise balls.

C. Lorenz Tues 10:30 am Meadowbrook
C. Lorenz Thurs 10:30 am Meadowbrook



SENIOR AEROBICS

\$18-1 day week

Put a swing in your step and a smile on your face!

Join certified instructors for some dancing and exercise!

No class: July 21, Sept. 1

J. Shearer Mon 10:15 am Ravenna-Eckstein
J. Shearer Thurs 9:00 am Laurelhurst

North East

SENIOR ADULT CHORUS

CHORUS SINGING

Sing show tunes and great oldies with a lively mixed chorus.



\$10.00/month

Cost includes lesson. Contact: Sara Palmer by calling (206) 542-4117.

Tuesdays 10:30-11:30 am Lake City, 12531 – 28th NE

FALL PLANNING MEETINGS

Your input is desired to provide the best possible programming. Bring your ideas for trips, walks, classes, workshops & special events. Refreshments served.

Jun 30	Mon	10:00-11:00 am	Green Lake
July 1	Tues	10:00-11:00 am	Meadowbrook

HELPING HANDS

An opportunity to give back to our wonderful Seattle Parks. Simple, 1-hour, non-strenuous work/socialize at one of our neighborhood parks. Bring a sack lunch; coffee/treats provided. **Pre-register specifying dates you'll come & to get pick-up time, 386-9106.**



Van Pick-Ups: GreenLake, Ravenna-Eckstein and Meadowbrook.

Jul. 24, Aug. 7, Sept. 4 Thursdays 10:00-1:00 pm

WORKSHOPS

Please pre-register by calling 386-9106 at least a week ahead of workshop date.

LOW VISION HELP

Free

A representative from the field of health will come and show devices that will assist your ability to see better.

July 30 (Wed) 11:00-12 noon Green Lake

WALKING FOR FITNESS

Free

Learn techniques for getting the most out of your walking adventure.

Aug. 13 (Wed) 11:00-12 noon Green Lake

GAMES

CHESS CLUB

Join enthusiasts for a game of strategy and skill.



Free

Fridays 1:00-5:00 pm

Green Lake

OPEN BRIDGE GROUP

Join us for drop-in party bridge. All levels welcome! Questions? Call 684-8832.



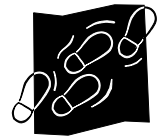
Free

Thurs 10-1:00 pm Sand Point, 7400 Sand Pt Wy

WALKING CLUB & WALKS

WALKING CLUB

Seattle Parks & Recreation and Swedish Medical Center team up to bring you a walking program for all fitness levels; includes two educational programs. Meet once a week to walk around Green Lake, stretching as a group before we set out. All participants set a walking goal and we'll celebrate our success on the final day with a No-Host lunch out. **Program dates: July 16 – Aug 20.**



\$5.00

Wed 11:00 am Green Lake

CORNWALL PARK

This quiet refuge in Bellingham has been a park since it was donated in 1909 by the Cornwall family. It is a paved/gravel, 1.5 mile path, plus another mile of dirt trails — flat to moderate. Bring a sack lunch.



\$6.50

Aug 4 (N-Bound) 9:00-3:00 pm **Reg: July 18**

MT RAINIER JAUNT

Nisqually Vista Trail at Paradise, 1.2 miles of paved level walk. Enjoy excellent views of Mt. Rainier and the Nisqually Glacier on this walk; visit the Henry M. Jackson Memorial Visitor Center; bring sack lunch or dine at the Grill (on your own). Bring Golden Age Passes. Sept 15 (S-Bound) 8:00-5:00 pm **Reg: Aug 28**



\$10.50

TRIP REGISTRATION INFORMATION

**PAYMENT must be received 5 working days
PRIOR to departure.*

***MAKE CHECKS PAYABLE TO: S A A C**

***MAIL CHECKS TO:** Senior Programs, Att: Jayla,
8061 Densmore Ave. N., Seattle - 98103

Trip Registration: Register by calling 386-9106
at 8:00 am on the date listed under each trip. You
may sign up yourself and one other person. Trip
dates, times and destinations are subject to change.
When you call, leave your name, phone number,
trip name & pick-up site. You'll ONLY be called
back if you're on the Wait List. **Don't use "mail-
in" form. Phone In Only for Trips.**

PICK-UP SITES:

Meadowbrook CC10517-35th NE
Ravenna-Eckstein CC 6535 Ravenna Ave NE
Green Lake CC7201 E. Green Lake Dr. N
Lower Woodland 52nd & Green Lake Way N
(South of Green Lake Golf Course)

South Bound Trips: Meadowbrook-leave 30 min,
Ravenna-Eckstein-15 min, Green Lake-5 min
before time listed, Lower Woodland at trip time.

North Bound Trips: Lower Woodland-30 min
before Green Lake-25 min, Rav-Eckstein-15 min
before time listed, Meadowbrook at trip time.

Registrations Begin At 8:00 a.m.

CEDAR RIVER WATERSHED

Three hour interpretive journey by
bus and by foot into the protected
watershed, the source of 70% of the Seattle area's
drinking water; see Masonry Dam, Chester Morris Lake,
Historic Cedar Falls. Bring a sack lunch.

This is a Thursday trip.

July 17 (S-Bound) 9:15-3:00 pm

Reg: June 26



\$6.50

NORTH KITSAP ARTS FESTIVAL

Port Gamble's 44th Annual festival
features art, sculpture & photography
shows; crafts, entertainment and food booths—all set in
this historic town. Includes Ferry fees. Lunch on your
own. This is a Friday trip.

July 25 (N-Bound) 8:45-4:15 pm

Reg: July 3



\$10.00

SEATTLE CENTER LINE DANCIN' \$3.50

Don those eye-poppin' western duds & we'll mosey on
down to the Center House where we'll line dance our
socks off; followed by lunch & socializing on your own.
Feel free to stay for the live-band senior ballroom dance
which follows, from 1:00-3:00 pm. **Please pre-register
by calling 684-4951.** A Monday event.

July 28 (S-Bound) 10:00-2:00 pm **Reg: June 24**

GARDEN SANDWICH \$5.50

Guided tours of Kubota Gardens in the morning, and the
Chinese Gardens on campus of SSCC in the afternoon,
and "sandwich" lunch in-between (lunch on your own).
This is a Monday trip.

Aug 11 (S-Bound) 9:15-2:15 pm **Reg: July 24**

SNOQUALMIE FALLS FOREST THEATER \$4.50

"Only A Farmer's Daughter" presented in an beautiful
outdoor setting. Classic vaudeville melodrama where
the villain performs his dastardly deeds to marry the
farmer's daughter. With music, dance & sing-a-longs.
\$11.00 admission day of trip. Rent or bring a cushion
for seating. Dress for the weather. A Sunday trip.

Aug 24(S-Bound) 2:00-6:00 pm **Reg: Aug. 7**

EVERGREEN STATE FAIR \$5.50

Pigs Are Flyin' at the Monroe Fair this year! Don't miss
the fun! \$6 admission on trip day (discount tickets
available); lunch on your own. A Friday outing.

Aug 29 (N-Bound) 9:00-3:00 pm **Reg: Aug. 14**

VASHON JAUNT \$9.50

On this delightful outing we'll tour the Russian
Orthodox Monastery and the Point Robinson
Lighthouse; lunch on own in town; tours & ferry fees
included. This is a Monday trip.

Sept 8 (S-Bound) 9:00-4:00 pm **Reg: Aug. 21**

SEE CITYWIDE PAGE FOR MORE

July 22 Kiana
August 26 Old Timers Picnic
September 19 End of Summer Picnic

North West Sector

REGISTRATION INFORMATION

CLASSES / SPECIAL EVENTS

206-233-7138

Recreation Specialist - Stacie Sheridan

Summer Quarter Dates: July 7 – Sept 19

No Programs: Monday, Sept 1 Labor Day

Make-Ups: We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

Class Registration begins June 23. Please use the **Registration Form** in this brochure. Class dates/times are subject to change.

Mail class payments to: Sr. Adult Programs,
ATT: Stacie, 8061 Densmore Ave. N, Seattle, WA
98103. Make checks payable to 'SAAC'

N.W. DIVISION SITES:

Ballard CC	6020 -28th Ave NW
Bitter Lake CC	13035 Linden Ave N
Loyal Heights CC	2101 NW 77th St

FITNESS

SENIOR AEROBICS \$18.00–1 day week

Low impact aerobics taught by certified instructors.

S. Sheridan	Mon	8:30 -9:30am	Ballard
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S. Sheridan	Thurs	9:00 - 10am	Bitter Lake
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FITNESS WALKING & BODY STRENGTHING \$18.00

Body strengthening, walking, stretching to great, music.

S. Sheridan	Fri	8:30 – 9:30 am	Ballard
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SR. BODY CONDITIONING \$22.00

Use dynabands/free weights for strength conditioning.

B. Ode	Tues	10:45 -11:45am	Bitter Lake
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ARTHRITIS EXERCISE (PACE) \$22.00

This class includes range of motion, muscle strengthening and endurance exercises, body mechanics, and relaxation techniques.

S. Sheridan	Tues	9:00-10am	Ballard
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CIRCUIT TRAINING \$22.00

Increase your flexibility, strength, stamina, and overall feeling of well-being.

B. Ode	Tues	9-10 am	Loyal Heights
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B. Ode	Thurs	9-10 am	Loyal Heights
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B. Ode	Fri	11-12 noon	Loyal Heights
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BEGINNING TAI CHI \$25.00

Learn slow, gentle exercises that are good for balance, muscles strengthening and range of motion.

Karin Collins	Wed	9:00-10:15am	Ballard
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INTERMEDIATE TAI CHI \$25.00

This class is for people who are comfortable with Yang-style short form.

Karin Collins	Wed	10:30-11:45 am	Ballard
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YOGA & MEDITATION \$22–1 day week

Rejuvenate your spirits with yoga! Practice positions to build strength/flexibility while deepening relaxation to improve daily life and the ability to grow and change.

S. Denison	Mon	10:30-11:30 am	Loyal Heights
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S. Denison	Thurs	10:30-11:30 am	Bitter Lake
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DROP-IN PICKLEBALL Free

Continue to exercise and improve your skills by teaming up with other players – fun and challenging!

Tuesdays	10:30-12:30 pm	Bitter Lake
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Tuesdays	11:00-2:00 pm	Ballard
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Tuesdays	12:30-2:30 pm	Loyal Heights
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Fridays	12:30-2:30 pm	Bitter Lake
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DANCING

LINE DANCING \$18.00

(Quarter starts July 15-Sept 23)

Move to the music! NO experience or partner needed.

Great for the body and soul. Instructor: Jayla McGill

*Tuesdays	9:00 -10:00pm	Ballard
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BALLROOM DANCING \$2.00

Step out with the Pep Tones during a weekly senior

dance. Enjoy good friends, food, and weekly themes.

Thursdays	1:00-3:00 pm	Bitter Lake
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FALL PLANNING MEETING

Your input is desired to provide the best activities possible for your enjoyment. Please bring ideas, newspaper clippings, suggestions for classes, workshops, trips, and general program offerings.

Mon June 16	Walking	10:15-11:15 am	Ballard
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Mon June 16	Trips	11:15-12:15 am	Ballard
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LUNCH CLUBS

Explore the hottest local foods with fun people. Register June 22nd to reserve your seat, 233-7138. Limited

capacity. There is automatic 17-20% gratuity on your

table's tab. Meet at Ballard CC at 11am. Each trip is

\$3.00, paid in advance. Price range \$=\$10.00 Tuesdays.

MAGGIES BLUFF \$\$.....**July 22**

ANDIAMO Italian \$\$.....**August 12**

WILD GINGER Asian \$\$\$**September 9**

MADCAP MOVIES & LUNCH \$5.00 each

The golden age of American comedy film. Come see these 2 films, which celebrate elegance and screwball antics of classic American screen comedy. Follow up with delicious lunch and beverages. Please pre-register.

Monday 10:15 – 1pm Ballard

The Thin Man 1934.....July 28

The Lady Vanishes 1938 (*Alfred Hitchcock*).... Aug 25

CARDS & GAMES

INTERMEDIATE BRIDGE INSTRUCTION \$25.00

Indepth lecture on intermediate strategy. Optional playing time afterwards. ACBL Accredited Instructor George Weaver. No class in September

Mon 10:30-12:30 pm Bitter Lake

NEW!!! BEGINNERS BRIDGE \$25.00

Finally! You have been wanting to learn and here is your opportunity. Fun and easy. ACBL Accredited Instructor George Weaver. No class in September

Wed 10:15am – 12:15pm Bitter Lake

BRIDGE WITH GEORGE \$25.00

Have fun at the bridge table. ACBL Accredited bridge instructor George Weaver will answer any questions you have and help you play a better game. Improve your bidding, play, and defense. No class in September

Friday 12:30-2:30pm Bitter Lake

OPEN DROP-IN GAMES Free

Join in to learn some new games and play your old favorites. They'll set you thinking and laughing all the way through..

Tuesdays 10:00-12:00 pm Ballard

Fridays 1:00 – 2:00pm Ballard

BALLARD BOOK CLUB

Meet the last Friday of the month at Ballard Library, 5711 - 24th Ave NW at 10:30a.m. All are welcome.

July 25*Train Go Sorry* by Cohen

August 29*Remembering Babylon* by Malouf

Sept 26*Palace Walk* by Mahfouz.

SPEAKERS

BETTER BALANCE/FALL PREVENTION FREE

Falling is a major concern. Learn what steps to take to improve balance and prevent falls in your home and in daily routines. Join Swedish Medical Center's Physical Therapist Irv Arditty. Learn exercises to improve balance, muscle tone, and strengthen your legs. Please pre-register by July 14th, call 233-7138.

Monday July 21 10:15-11:15 am Ballard

AGING & MEMORY FREE**HOW TO KEEP MEMORY SHARP**

How does memory work? Is memory loss "normal" as we age? What are some of the common signs and causes of memory problems? When should one be concerned? What are some strategies for keeping memory sharp? Dr. Watson addresses these and other important questions. Memory Wellness Program, U of W. Please pre-register, 233-7138 by September 1st. Come early for treats.

Tue. Sept 9 10:30-11:45am Bitter Lake

ARTS & CRAFTS

GARDEN STEPPING STONES \$8.50

No yard is complete without a stepping stone. Bring your cherished broken dishes, marbles, charms and seashells. We supply the rest. Pick up stones Aug 18th.

Mon, Aug 11 10:15–12:45pm Ballard

LANDSCAPE DRAWING FOR BEGINNERS \$40

Relax outdoors sketching in pencil and charcoal. Study basic pencil/charcoal techniques, perspective, and composition. Instructor: Kathleen McHugh.

Mondays 10:30-12:30pm Bitter Lake

INTERMEDIATE DRAWING FOR FUN \$40.00

Pencils/charcoal, focus on perspective, proportions, and importance of composition. Students enjoy short class demonstrations and critiques from peers. Instructor: Kathleen McHugh.

Thursdays 10:30-12:30pm Bitter Lake

SPECIAL EVENTS & WORKSHOPS

BALLARD GARDEN PROJECT FREE

Senior Adult Programs has been invited to participate in a NEW Garden Project at Ballard CC. If you like to be a part of this community project please call 233-7138.

KUBOTA GARDENS FREE**WORK PARTY / POTLUCK - Ballard Pick-Up**

Enjoy Kubota Gardens from the grass roots up. A 1-hour work party, followed by a potluck and then enjoy a stroll the gorgeous gardens. Bring your favorite dish, we'll bring the cool drinks. Register by August 19, 233-7138.

Tues, Sept 2 10:00-2:30 pm Ballard CC

CROQUET CLASSIC FROLIC \$6.00

Dress in white and don't worry if you can't play, we'll teach you! Enjoy a lunch afterwards. *Register early so we have enough chicken, call 233-7138 by Aug 22nd*

Fri, Aug. 29 10:30-1:00 pm Bitter Lake Field

ICE CREAM SOCIAL & BINGO \$2.00

Cool off the summer heat and visit with friends with a super ice cream sundae. Throw in some BINGO & we guarantee a good time. Pre-register 233-7138 by 8/25

Mon, Sept 8 10:15-11:30 am Ballard CC

HELPING HANDS

An opportunity to give back to our wonderful Seattle Parks. Simple, 1 hour, non-strenuous work/socialize. Bring a sack lunch, hot drinks/treat provided. Pre-register, 233-7138, June 23rd, 8 am. Name the Parks you'll help with. Van pick-up: Ballard It's a great time!

Tue July 15	10-1:15 pm	Carkeek Park
Tue Aug 19	10-1:15 pm	Atlantic St. Nursery
Tue Sept 2	10-2:30 pm	Kubota Gardens

TAKE A WALK ON A HIDDEN TRAIL

HIKES / WALKS 10:30am – 3:30pm

Register: call June 23rd, 8am at 233-7138. Please name the walks you'll be attending. Rain or shine. Lunch on your own. Wear proper walking shoes. **Pick-Up:** Ballard CC. Each walk is \$5.50.

Sous Creek easy/level.....Tuesday **July 8**

Cougar Mt. easy/moderate level.....Wed **July 23**

Little Si moderateTuesday **Aug 5**

Ruston Way Waterfront easy/level Wed **Aug 27**

Green River easy/moderateTuesday **Sept 16**

TRIP REGISTRATION INFORMATION

***MAKE CHECKS PAYABLE TO: SAAC**

***MAIL CHECKS TO:** Senior Programs, Att: Stacie,
8061 Densmore Ave. N., Seattle - 98103

Trip Registration: Register by calling 233-7138 at 8:00 am on the *date* listed under each trip. You may sign up yourself and one other person. Trip dates, times and destinations are subject to change. When you call, leave your name, phone number, name of trip & pick-up site. **You'll ONLY be called back if you're on the Wait List.** ***PAYMENT must be received 5 working days PRIOR to departure.**

Trips are on Wednesdays unless noted.

PICK-UP SITES:

Ballard CC6020-28th NW

Bitter Lake CC 13035 Linden Ave. N
(*Bitter Lake please park your car on the upper road)

Loyal Heights 2101 NW 77th

South Bound Trips: Bitter Lake- leave 30 minutes,
Loyal Heights 15 min before time listed, Ballard time as listed.

North Bound Trips: Ballard 30 min early Loyal
Heights 15 min early, Bitter Lake time as listed.

Vans will only wait for late people for 5 minutes.

Registrations Begins Tues 8:00a.m

Please Don't Call Any Earlier.

HUMMINGBIRDS & WHIDBEY \$13.50

Explore the beauty of this island and tour Hummingbird Farm, Nursery and Garden. Free time and lunch on your own in Langley.

July 9 (N-bound) 8:30-4:00pm **Reg: June 24**

OLYMPIA FARMERS MARKET & BLUEGRASS FESTIVAL \$8.00

Good ol' toe tapping entertainment. Join in for summer fun at this wonderful fresh Farmers Market too.

YeeeHaaa. Lunch on your own. Saturday event.

July 12 (S-bound) 9:00 -5:00pm **Reg: July 1**

PT TOWNSEND & MORE \$9.50

Lets go have fun shopping and exploring this vintage town. Come see an impressive Airplane Museum run by teenagers (optional). Hopefully some time for the lavender fields. Lunch on your own.

July 23 (N-bound) 8:30 – 5:30pm **Reg. July 7**

PORTLAND O'NIGHT \$125 dbl/\$200 sgl

Head south for the breathtaking Washington Rose Gardens, the glorious Pittock mansion, the Japanese Gardens & tax free shopping! Coach, tours, snack & room included. Meals on own. Trip must be paid by 7/14 in full. Sorry, no scholarships available. W & Th July 30-31 (S bound) 8:00am – 8pm **Reg: July 8**

SUMMER GARDEN EXPLORATION \$8.00

Hurray! Summer is here. Come take in the flora and fauna that we are blessed to have. Lunch on your own.

Aug 6 (N bound) 10:00 – 4:00pm **Reg July 15**

TRAIN TO RAINIER \$8.50

Experience the Golden Age of Steam as you chug across spectacular bridges and clickety-clack through lush tall forests. Whistle at Mt. Rainier and let off steam by Mineral Lake. Enjoy the one and one half hour trip from Elbe to Mineral Lake. Please bring a sack lunch & we will eat before we board. Admission \$10.50 at the door.

Aug 13 (S-bound) 9:30 -5:00pm **Reg. July 29**

BAINBRIDGE ISLAND RAMBLE \$11.00

Bainbridge Island is our destination. Come take an adventure where a sweeping view of the green pastures, and certified organic gardens of Willow Brook Farm awaits you. Lunch on your own.

Sept 10 (S bound) 8:30-4:30pm **Reg. Aug 5**

DELIGHTFUL DAHLIA \$7.00

Experience real flower power as you tour through Dahlia Gardens. These flowers are incredible. Lunch & admission on own.

Sept 17 (S-bound) 10:00-3:00pm **Reg: Sept 2**

SEE CITYWIDE PAGE FOR MORE

July 22 Kiana

August 26 Old Timers Picnic

September 19 End of Summer Picnic

MAIL - IN REGISTRATION

You are welcome to use the following form to pre-register for any CLASS / WORKSHOP (**not Trips**) offered by the Senior Adult Programs Section throughout the City of Seattle.

ALL registrations must be accompanied by payment in the form of check or money order (NO CASH PLEASE). If you have any questions on filling out this form, please call the Recreation Specialist listed under the Division in which you are interested in this brochure.

NOTE: Do not use the Mail-In Registration form for trip registrations. You must phone in for trip registrations (see "trips" listed under the different sites in the program brochure).

PAYMENT: Make check or money order payable to: Senior Adult Advisory Council

MAIL TO: Mail according to the directions in the program under "Class Registration" listed in each Division.

FRAGRANCE FREE COURTESY

During Senior Adult Programs / Trips, please refrain from the use of any perfumed personal care products as a courtesy to those who experience chemical sensitivities.
Thank You.

Mail - In Registration

Class Title	Day	Time	Fee	Class Location

Name: _____ Telephone: (____) _____

Street Address: _____

City: _____

Zip: _____

Total Fee Enclosed: \$ _____



We're looking for Volunteer Drivers who enjoy people and travel. All costs for lunches, admissions, etc., are paid for. Call 684-4951